



Eating more fruit and vegetables makes good sense. They are not only an important part of a healthy diet - eating more can save you money!

Many people make the mistake of thinking fruit and vegetables are expensive. Let's compare the average cost per kilogram of fruit and vegetables with less nutritious processed foods.

Fruit and vegetables cost about \$2-4 per kilo compared to cakes, chips, chocolate, and snack bars, at over \$10 per kilo. Some heavily marketed children's foods cost as much as \$30-40 per kilo (they are usually not good nutritional value either). Check it out next time you shop!

## Why eat more fruit and vegetables?

Eating a diet high in fruit and vegetables protects you and your family from a number of diseases (eg. heart disease, diabetes, stroke, some cancers).

They are loaded with vitamins and minerals, fibre and other beneficial components. It is important children eat fruit and vegetables every day to grow and stay healthy.

## Go for 2 and 5

We are encouraged to *Go for 2 fruit and 5 vegetables* every day. The amount children should eat depends on their age, appetite and activity level.

Invest in your child's future by encouraging them to eat a wide variety of fruit and vegetables every day, at home and school.

Have your children help you to prepare these healthy, easy and tasty recipes. Involving children in preparing food is the best way to encourage enjoyment of fruit and vegetables.



## How can I shop smart for health?

- Look out for fruit and vegetables 'in season'. They are usually good quality and good value.
- Allow your children to plan shopping with you to select fruit and vegetables to take to school.
- Check the cost per kilo of fruit and vegetables and compare with other snack foods.
- Encourage your school's canteen to offer meals and snacks featuring fruit and vegetables.

## 1 serve of fruit



- 1 medium piece (eg apple)
- 2 small pieces (eg apricots)
- 1 cup canned or chopped fruit

## 1 serve of vegies



- 1/2 cup cooked vegetables or legumes
- 1 medium potato
- 1 cup salad vegetables

## Fruit Stacks

### Ingredients

- 1 apple, cored and sliced into rounds
- 1 orange, peeled and sliced into rounds
- 225g can pineapple rings
- 1 kiwi fruit, peeled and sliced
- 1 banana, peeled and sliced
- 1 pear, cored and sliced
- 220g tub low-fat yoghurt

### Method

Arrange rounds of fruit in descending order (widest round at the bottom). Serve with a spoonful of low-fat yoghurt. Serves 4.

Cost: \$3.94/recipe

### Hint

Stack the orange and pineapple between the apple, pear and banana rounds to stop them from discolouring.



## Kids Survival Pack

### Ingredients

- 1/4 cup popping corn
- 1/2 cup dried apricots, chopped
- 1/2 cup dried apple, chopped
- 1/2 cup sultanas

### Method

Put the popping corn in a microwave safe dish. Microwave on HIGH (100%) for 4 minutes or cook in a saucepan or electric frypan according to packet instructions.

Stand popcorn for one minute. Mix remaining ingredients into the popcorn. Makes 3 cups.

Cost: \$4.60/recipe.



## Corn on the Cob

### Ingredients

- 2 cobs of corn, cut in half
- 4 pop sticks or kebab skewers

### Method

#### To boil

Pull off the husk and the silk (string-like fibres). Fill a saucepan with water and bring water to the boil. Simmer corn into boiling water for 10 minutes. Drain when corn is cooked. Insert a pop stick or skewer into an end of the corn for easy handling. Serve immediately. Serves 4. Cost: \$1.38/recipe.

#### To microwave

Carefully pull open a few of the leaves and remove the silk. Close up the leaves. Microwave corn on HIGH (100%) for 5-7 minutes until it is tender. Remove leaves. Insert a pop stick or skewer into an end of the corn for easy handling. Serve immediately. Serves 4.



## Cowboy's (or girl's) Pizza in a Hurry

### Ingredients

- 2 medium potatoes, sliced
- $\frac{1}{2}$  - 1 tablespoon water
- 2 ripe tomatoes, chopped
- $\frac{1}{2}$  green capsicum, seeded and chopped
- 4 black olives, pitted and quartered
- $\frac{1}{4}$  cup grated Mozzarella cheese

### Method

Lay potato on a round microwave-safe plate. Sprinkle with water, cover with cling film and microwave on HIGH (100%) for 5-6 minutes or until tender. Drain well on paper towels. Overlap potato slices on a plate to form a pizza base. Cover with tomato, capsicum and olives, sprinkle with cheese and microwave on HIGH (100%) for 3-4 minutes until heated through and cheese has melted. Serves 2. Cost: \$2.97/recipe.



## Easy Chicken and Corn Soup

### Ingredients

- 2 medium potatoes, peeled and diced
- 125g sweet potato, peeled and diced
- 250g pumpkin, peeled and diced
- 2 tablespoons water
- 440g can cream of chicken soup
- 210g can creamed sweetcorn
- 500mL low-fat milk
- 250mL water
- 2 tablespoons fresh parsley and chives, chopped

### Method

Put potato, sweet potato, pumpkin and water in a microwave-safe dish. Cover with cling film and microwave on HIGH (100%) for 6-8 minutes till tender. Mash or puree till smooth. Transfer into a large pot. Add canned soup, corn, milk and remaining water. Bring to the boil and stir until heated through. Remove from heat. Add the herbs just before serving. Serves 6-8. Cost: \$6.30/recipe.

### Serving suggestion:

Serve with toast or roll.



## Potato Salad

### Ingredients

- 4 medium potatoes, peeled and cubed (1cm)
- 2 apples, cored and diced, brushed with orange juice
- 50g sultanas or raisins
- 2 sticks celery, sliced
- 1/2 punnet cherry tomatoes, halved
- 50mL low-fat natural yoghurt
- 25mL low-fat coleslaw dressing

### Method

Cook potatoes till just tender. Drain and cool. Combine potatoes with all other ingredients. Serve chilled. Serves 6. Cost: \$5.70/recipe.

### Variation

Substitute 2 firm ripe tomatoes, seeded and chopped, for the cherry tomatoes.



## Easy Vegetable Loaf

### Ingredients

- ¼ cup corn flakes, crushed
- 1 tablespoon parmesan cheese, grated
- 2½ cups mixed vegetables, diced finely (carrot, potato, corn, pumpkin, zucchini, celery, capsicum, onion)
- 250g reduced-fat ricotta cheese
- 2 eggs, beaten
- 80g wholemeal self-raising flour
- 1 tablespoons chives, chopped
- 1 tablespoons fresh parsley, chopped

### Method

Preheat oven to 200°C. Grease a loaf tin. In a small bowl mix cornflakes and Parmesan cheese. Set aside. Combine remaining ingredients, mix well and put into loaf tin. Sprinkle cornflake mix over loaf. Bake for 45-55 minutes. Allow to cool then turn out and slice. Serves 6-8. Cost: \$6.92/recipe.

### Hint

This recipe can be cooked in a microwave on HIGH (100%) for 15-20 minutes in a microwave safe container.

### Serving suggestion

Serve with side salad or bread roll.



## Creamy Bean Dip with Vegetable Sticks

### Ingredients

- 2 x 300g cans four bean mix, drained
- 125mL low-fat natural yoghurt
- ½ tablespoon seeded mustard
- ½ lemon, zest and juice
- 4 spring onions, chopped finely
- 1 carrot, peeled and cut into sticks
- 1 cucumber, cut into sticks
- 1 medium red capsicum, seeded and cut into strips

### Method

Place beans in a food processor and blend until smooth. Stir in yoghurt, mustard, lemon zest, juice and spring onions. Mix well. Serve with carrot, cucumber sticks and capsicum. Makes 1½ cup. Cost: \$9.74/recipe.

### Serving suggestion

Serve with crackers, toasted pita or Lebanese bread.



## Pear, Date and Cinnamon Scrolls

### Ingredients

- 2 cups wholemeal Self-raising flour
- 2 cups white self-raising flour
- 45g firm margarine
- 1 cup low-fat milk
- 2 large pears, peeled, cored and chopped small
- 150g dates, chopped small
- 1 teaspoon ground cinnamon
- 1 tablespoon castor sugar mixed with a pinch of cinnamon

### Method

Preheat oven to 190°C. Sift flours into a large bowl. Rub in margarine and mix well. Add milk and mix to make a soft dough. Roll out dough on a floured surface to a long rectangle (12x30 cm). In a separate bowl, mix pears, dates and cinnamon together. Sprinkle fruit evenly onto the dough. Roll up lengthways sealing the edges with a little milk. Brush milk over the roll. Cut into 12 slices. Arrange cut side down and close together on a large greased oven tray. Sprinkle the cinnamon sugar over the top. Bake in oven for 30 minutes or until golden brown. Allow to cool, then separate the scrolls. Makes 12 scrolls. Cost: \$3.76/recipe.

### Serving Suggestion

Serve with a glass of milk.



## Tropical Pizza Fingers

### Ingredients

- 1 French stick, halved lengthways
- 200mL tomato pasta sauce
- 2 large ripe tomatoes, diced
- 1 medium green capsicum, seeded and diced
- 150g lean ham, chopped
- 440g can pineapple pieces, drained
- 100g Mozzarella cheese, grated
- 100g cheddar cheese, grated

### Method

Preheat oven to 180°C. Stand the French stick cut side up on a paper-lined baking tray. Spread tomato pasta sauce on both bread halves. Top with ingredients, sprinkling the cheese last. Bake in oven for 15 mins or until heated through. Cut each pizza into 3-4. Serves 6-8. Cost: \$9.96/recipe.

### Variation

Substitute a Focaccia slab, split horizontally, for the French stick. English muffins may also be used as the base.





## Sandwich Filling Ideas

Make your sandwiches, rolls or wraps interesting by using a variety of breads and fillings. Try wholegrain, rye, multi-grain, wholemeal or high fibre white breads and rolls or Lavash bread, Lebanese bread or tortillas for wraps. Fill with a mixture of lean meats, low-fat spreads and salad.



### Raisin bread

reduced-fat cream cheese and sliced strawberries.



### Roll

shredded lettuce, snowpea sprouts, sliced tomato, grated reduced-fat cheese, lean shaved ham.



### Wrap

avocado (mashed with lemon juice to prevent browning), diced chicken, shredded lettuce, snowpea sprouts, sliced red capsicum.



### Sandwich

-canned tuna (in brine), sliced cucumber and sliced tomato  
-egg, mayonnaise, alfalfa sprouts and chives





# Eat smart.

Delicious value-for-money recipes for kids.